YOUR GUIDE TO COMIC-CON

ZOMBIES, A HOBBIT AND MUCH MORE ARE TAKING OVER SAN DIEGO PAGE 8

SASKATOON metro®

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News worth sharing.

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It's gonna be a heat wave!

Temperatures staying up. It's getting hot out there, so remember to take extra care, says Environment Canada

JANE CAULFIELD
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With temperatures of 30 degrees and above in the forecast over the next seven days, Environment Canada is officially calling this a heat wave.

"In Saskatchewan, three days above 30 does clearly qualify as a heat wave," said David Phillips, senior climatologist for Environment Canada.

But while the temperatures may be hard to handle, Phillips warns that it is the abnormally high humidex that can lead to serious health problems.

"When the humidex is high, things become difficult for people who aren't used to it," said Phillips.

Seniors and children under four years old are at the highest risk of heat stroke and other heat-related illnesses.

People with respiratory or cardiac problems are also at a higher risk of experiencing complications due to the heat.

When things are this hot and humid, the evenings won't be as cool as we're used to, which can inhibit the body's ability to adjust to the higher temperatures.

"In a heat wave like this, the body can't cool itself properly. Particularly when you go for seven days," he said.

Phillips suggests working on a buddy system and checking in on relatives, friends and neighbours who may be at risk during the heat wave.

"It's important to note that reported temperatures are shaded temperatures," said Phillips. "You should add at least seven or eight degrees for direct sunshine, which can be debilitating."

Follow Jane Caulfield on Twitter @janecaulfield

How to keep your cool

"Remember to take breaks and drink water and do all those things that your mother told you to do.... This is extreme heat. Enjoy it and love it, but be safe." David Phillips, senior climatologist for Environment Canada

Cash Lockyer stays cool at Exhibition Spray Pad located at Thornton Park on Monday afternoon.
MORGAN MODJESKI/METRO

Riders off to a running start

With the team riding high on a 2-0 record, fans are finding good cause for optimism in the early days of the CFL season PAGE 2

Canadian celebrity chef dead at 29

TV host Anthony Sedlak collapsed from unknown causes at home PAGE 3

Sweeten your summer salad

Toss some strawberries and cinnamon almonds with spinach PAGE 11

1

NEWS

On the web

Deadly outbreak strikes kids in Cambodia

A deadly form of hand, foot and mouth disease has been linked to the deaths of 52 people, mostly children under three, in Cambodia. Read more about the mysterious outbreak at metronews.ca.

Mobile news

Something alarming is invading the Calgary Stampede midway, known affectionately as Heart Attack Alley. Famous for deep-fried everything, the Stampede and its fortress of greasy food now face an invasion of healthy alternatives. Scan the code to read more about the calorie wars.

Keeping your cool

Feeling a little sluggish in this scorching heat? Here are some options that will help you enjoy the summer without melting away.

1 Ice cold. I scream, you scream ...

... we all scream for ice cream! Enjoying a delectable frozen dairy treat is perhaps one of the greatest perks to a heat wave.

2 Water works. Make a big splash!

Splash parks and wading pools are an easy, fun and free way to cool off the entire family.

3 Take it easy. Hit the patio

Too hot to cook at home? Head over to your local watering hole for an ice-cold beverage and a great meal.

MORGAN MODJESKI/METRO

Preeceville. 8-year-old dies after jumping from float and being run over

RCMP in Saskatchewan say an eight-year-old boy who died after being hit by a parade float had jumped from the float and was run over.

Sgt. Paul Dawson says the boy and three adults were on a Ukrainian dance float in a parade to mark the town of Preeceville's centennial on Saturday.

The float was a dual-axel trailer being slowly pulled by a pickup truck.

Dawson says the boy, who was from Prince Albert, Sask., jumped off the front of the trailer on the passenger side and was run over by the wheels.

Two nurses who were on another float tried to help him, but he died in hospital.

Initial reports said the boy was seven years old, but RCMP say he had just celebrated a birthday on July 5.

THE CANADIAN PRESS

Prince Albert. Inmate still missing from minimum-security jail

A man who escaped from a Prince Albert minimum-security prison Friday is still missing, according to the PA detachment of the RCMP.

There have been no sightings of the man, who is believed to have simply walked away from the facility.

Terrance Yew, 39, was serving a sentence of two years and 10 months at Riverbend Institution for a driving violation when he was found missing during a routine call on Friday night.

Terrance Yew is five feet, 11 inches-tall, weighing 236 pounds, with brown eyes and black hair.

Police say Yew has a small scar on his right cheek.

Anyone with information is asked to call the police.

METRO

Rider Nation finds hope in 2-0 start

Big win. Can the Roughriders turn things around this year? Fans think the team is on the right course

JEFF MACKEY
Metro in Regina

After the Saskatchewan Roughriders' 17-1 win over the Edmonton Eskimos on Sunday, Riders fans are beginning to make a case for the Riders really turning things around this year.

"It is still a little too early to tell, just because of all the changes, but they do seem to be off to a good start as of yesterday," said Maria Giczi, manager of the Riders' pep band. "But I'm always optimistic.

"Last year we had a tough hand to play, but I don't think we have those crutches anymore," said Stephen Kreuger, a lifelong Riders fan.

The game's only touchdown was a 34-yard beauty from running back Kory Sheets. This meant that most of the game's standout moments came from the defensive end; particularly impressive were Brent Hawkins and Odell Willis.

"I love Odell Willis's intensity," said Kreuger. "I am a defensive guy, so I always like to see a solid defence locking people down."

"We had quite a few sacks yesterday — I was certainly happy with that," Giczi said.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Next game

The Riders will take on the B.C Lions on July 14 at Mosaic. Fans and pundits alike seem to be turning this matchup into a litmus test for the new Riders team. A win would prove that they are the real deal; a loss could take the wind out of their sails.

Riders defensive end Odell Willis at Sunday's home opener. The Riders' defence clocked six sacks during the game. CONTRIBUTED

Mortgage rules may affect lower end of market

New mortgage rules now in effect are unlikely to affect the Saskatchewan market much. TORSTAR NEWS SERVICE

The stricter mortgage rules that came into effect July 9 won't affect the housing markets in Saskatchewan very much.

"The biggest change ... will be the lower end of the market," said Jason Yochim, executive officer of the Saskatoon Region Association of Realtors. "According to our equations it will reduce a person's ability to buy a house by $200 a month."

While the rules, which were announced last month, are specifically targeted to cool the markets in cities such as Toronto and Vancouver, they aren't entirely necessary in Saskatchewan.

"The issue that we have is that these decisions should be made regionally," said Yochim.

The new rules include a five-year drop in the maximum amortization period to 25 years and limits lenders to issuing home equity loans up to a maximum of 80 per cent of a property's value — down from 85 per cent.

JANE CAULFIELD/METRO

Refugee health benefits

Kenney invites praise for cuts

If you want to sign a petition thanking Immigration Minister Jason Kenney for his efforts to reduce health benefits for refugees, look no further than his own website.

"We, the undersigned, thank Jason Kenney for his efforts to streamline benefits afforded to refugees (sic) claimants under the Interim Federal Health Program (IFHP) and bring them in line with the benefits received by taxpaying Canadians, including new Canadians," says the petition. A spokeswoman for Kenney emailed a statement saying thousands of people have signed the petition. TORSTAR NEWS SERVICE

Don't mess with DJ

Deadmau5 threatens robbers

Grammy-nominated producer Deadmau5 is fuming after a break-in at his mother's house in Niagara Falls. "Man, you ... picked the wrong house," he wrote wrote on Facebook. "Mau5 is gonna find you."
THE CANADIAN PRESS

Record-breaking

Man's Volvo nears 3M miles driven

Irvin Gordon's 1966 Volvo P1800S just keeps going, and going, and going. Gordon's small, red two-door has well more than 2 million miles (3.22 million kilometres) on the odometer, the equivalent of nearly 1,176 times across the globe. The retired school teacher from Long Island hopes to reach the 3 million mile mark by next year. He only has 34,000 miles to go. The 72-year-old Gordon drives his Volvo everywhere. He has held the Guinness world record for high mileage vehicle since 2002.

He bought his beloved car on June 30, 1966, for $4,150 at the age of 25, "a whole year's salary."
THE ASSOCIATED PRESS

Irv Gordon in his hardy Volvo.
SETH WENIG/THE ASSOCIATED PRESS

Detention law may impact mental health

Bill C-31. Doctors cite research to argue for minimizing detention

Doctors are sounding more alarms about changes to Canada's refugee system. An opinion piece in the Canadian Medical Association Journal says a new law could pose a serious danger to the mental health of refugees.

Bill C-31, the Protecting Canada's Immigration System Act, includes provisions that allow the immediate detention of refugee claimants designated as part of irregular arrivals.

All those over the age of 16 will be held for a minimum of two weeks before their detention is reviewed, while those under 16 can be informally detained with their parents or released to child care authorities.

The bill became law at the end of June and the detention provisions are now in force.

The authors of the piece cite several studies suggesting high levels of psychiatric symptoms among detained refugee claimants, even after short periods.

"As health professionals, it is our responsibility to urge the government to minimize harm to children, pregnant women, trauma survivors and other vulnerable people," Dr. Janet Cleveland and Dr. Cecile Rousseau wrote in the article, released Monday.

"Children should not be incarcerated or separated from their parents. Detention of all refugee claimants should be limited to the shortest possible time required ..."
THE CANADIAN PRESS

Research on refugees

- **U.K.** After a median 30-day detention, 76 per cent of detained claimants were clinically depressed, compared with 26 per cent of a non-detained sample.
- **U.S.** After a median detention of five months, 86 per cent of claimants showed clinical depression, 77 per cent had clinical anxiety and 50 per cent had clinical post-traumatic stress disorder.

Canadian chef Anthony Sedlak is seen at his home in Vancouver, B.C., in this 2008 photo. Sedlak died Friday at the age of 29. DARRYL DYCK /THE CANADIAN PRESS FILE

Renowned Food Network chef Anthony Sedlak dead at age 29

A young and promising chef is being remembered for his warm personality, passion for his craft, and skill in the kitchen. Food Network Canada said the untimely death of Canadian celebrity chef Anthony Sedlak is a terrible loss.

Sedlak was just 29.

A statement issued by his family said Sedlak was found dead in his North Vancouver, B.C., apartment on Friday, July 6, after collapsing from an undiagnosed medical condition.

Sedlak was best-known as the host of Food Network Canada's The Main, and a judge on Family Cook Off, as well as author of the national bestselling cookbook, The Main.

Sedlak's culinary career began in his teens, with completion of a specialized program and four-year apprenticeship, and he was barely in his 20s before he had spent almost two years at Michelin Star-rated La Trompette, in London, England. He was 23 when he won a silver medal representing Canada at the World Junior Chef Challenge in New Zealand, and just months later, he captured The Food Network's Superstar Chef Challenge.

"Anthony became a much loved member of the Food Network family, entertaining and inspiring fans through four seasons of The Main and his latest venture, Family Cook-Off," the network said in a statement Monday. THE CANADIAN PRESS

Texas. Border agents shoot Mexican citizen

A Mexican citizen has been fatally shot by U.S. Border Patrol agents on the border with Texas in an incident that the Mexican government is calling a disproportionate use of force.

The Border Patrol said Saturday that agents had opened fire along the Rio Grande on the Texas-Mexico border after being pelted by rocks and having a gunman point a weapon in their direction from the Mexican side of the river.

The agency said it did not know if anyone else was hurt, but the FBI was investigating.

The Mexican Foreign Ministry said late Sunday that a citizen had been killed by a gunshot fired by a U.S. agent at the Los Tomates-Veterans international bridge. It did not identify the victim or provide details about the incident.

Mexico said its consulate in Brownsville had sent U.S. authorities a message demanding an exhaustive investigation without regard to the consequences.

"The Mexican government has said once again that the disproportionate use of force for purposes of immigration enforcement is unacceptable under any circumstances," the Foreign Ministry said.
THE ASSOCIATED PRESS

South Sudan. Capital celebrates first birthday

Tens of thousands of South Sudanese gathered under a sweltering sun on Monday in the capital, Juba, to celebrate the first birthday of the world's youngest nation — an event marred by dire economic hardships and a near-constant threat of war.

Dance troops gave traditional performances and armed forces put on a parade that featured the country's fiercest pieces of weaponry: two attack helicopters. The sun was so intense that several soldiers were carried off in stretchers.

President Salva Kiir addressed the country's number one threat: a return to war with Sudan. "Since our independence, Khartoum has continuously violated our sovereignty through aerial bombardments and ground incursions," he said. THE ASSOCIATED PRESS

Flags wave in celebration in Juba.
SHANNON JENSEN/THE ASSOCIATED PRESS

Jordan. MP accused of attempted murder

A Jordanian MP is being investigated after pulling a gun on his opponent in a live TV talk show, a prosecutor said Monday.

Mohammed Shawabka pointed his pistol at Mansour Seif-Eddine Murad after the former guerrilla-turned-politician called him a "mafia thief" during a prime-time debate late Thursday covering Jordanian politics and the Syria's uprising. The debate was aired on the private Jordanian Josat satellite station.

"He was going to shoot me and he should be punished for that," said Murad, an outspoken activist affiliated with Arab nationalist groups who support what they consider to be Syrian President Bashar Assad's defiance of Western "colonialism."

He said he filed a complaint against Shawabka at Amman's First Instance Court earlier Monday, accusing him of attempted murder and defamation. Shawabka declined comment. An Amman prosecutor said the court will soon decide if there is enough evidence to bring charges.

The fight began when Shawabka accused Murad of being an Assad "spy," who then accused Shawabka of being a Mossad agent.
THE ASSOCIATED PRESS

Abbas approves exhumation and autopsy of Arafat's body

Investigation. Palestinian president agrees to have body tested after lethal agent detected on clothing

Palestinian President Mahmoud Abbas has given final approval to dig up Yasser Arafat's remains and is also pressing for an international investigation of his predecessor's mysterious 2004 death, a top aide said Monday.

The decision came days after a Swiss lab detected elevated traces of a lethal radioactive agent on clothing said to be Arafat's.

Testing Arafat's bones could offer the last chance to get to the bottom of Palestinian claims that their leader was poisoned, though some experts cautioned it may already be too late for conclusive answers.

Several Palestinian officials have charged that Israel poisoned Arafat. The French doctors who treated Arafat in his final days did not present a clear cause of death, while Israel emphatically denied it killed the Palestinian leader.

Arafat, who died at age 75, is buried in a mausoleum in the walled government compound in the West Bank where he spent the last three years of his life under Israeli siege.

Scenes of heavy machinery tearing into the wreath-covered grave of the revered leader could prove offensive to devout Muslims. Also, the grave has become a must-see site for Palestinians and foreign visitors to Ramallah.

Abbas aide Saeb Erekat said Monday that the need to know overrides cultural sensibilities. "We are seeking the truth, and every single Palestinian is seeking the truth, and we cannot reach the truth without it (exhuming the remains)."

THE ASSOCIATED PRESS

Members of a Palestinian honour guard stand next to the tombstone marking the grave of late Palestinian leader Yasser Arafat. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Russian floods expose distrust of government

Conspiracy? A Moscow journalist said none of the residents he spoke to believed the cause was the weather alone

The floods that washed through southern Russia and killed 171 people followed storms that dumped five months of rain in a matter of hours. Still, President Vladimir Putin has spent three days trying to persuade residents that the flooding was an act of nature and not the result of government negligence or worse.

Some persist in believing, against all evidence, that the city of Krymsk and its 57,000 people were intentionally sacrificed to prevent the flood waters from damaging Novorossiysk, a major Black Sea port essential for exporting Russian oil and grain.

This deep distrust of the government poses a challenge to Putin, who depends on the support of ordinary Russians across the country to counter the growing challenge in Moscow to his 12-year rule.

At the very least, the flooding has Russians once again questioning the government's ability to keep them safe. Still fresh in their memory are a string of disasters — from the bungled response to the sinking of the Kursk submarine in 2000, to the wildfires that swept seemingly unopposed through a swath of western Russia in 2010, to the capsizing of an overloaded river boat that killed more than 120 people last year.

The Emergencies Ministry acknowledged Monday that it had failed to warn residents about the flash flood that turned Krymsk streets into swirling muddy rivers and filled one-story homes practically up to the ceiling in the middle of the night. Many of the 171 who died were elderly residents unable to escape in time. THE ASSOCIATED PRESS

An overall view of the Varnavinskoye reservoir near the city of Krymsk, Russia. VLADIMIR SMOLYAKOV/THE ASSOCIATED PRESS

Taliban

Six Americans killed in bombing

The Taliban took responsibility Monday for a bomb blast in Afghanistan that killed six American troops, while other militants launched suicide attacks on two police headquarters that left 20 people dead, according to officials.

German Brig. Gen. Gunter Katz, a spokesman for the U.S.-led coalition, said the six Americans were killed on Sunday when their armoured vehicle struck a bomb planted in eastern Afghanistan. He said a seventh American soldier was killed in a separate insurgent attack in the south.

The deadly attacks on a particularly violent day showed the militants' resilience, though the target date of NATO's handover of security responsibility to local forces is less than 18 months away.

THE ASSOCIATED PRESS

West Bank

Report supports illegal settlements

A government-commissioned report released Monday has recommended that Israel legalize dozens of unsanctioned West Bank settlement outposts, a move that would defy international opposition to settling land Palestinians want for a future state.

The report reaffirmed Israel's long-standing position, at odds with most of the world, that the West Bank is not occupied territory and therefore Israel has the legal right to settle on it.

The panel's recommendations, which include annulling past Supreme Court orders and other legal rulings in order to facilitate settlement construction, have not been endorsed by the government.

The Palestinians say they will not resume negotiations until Israel freezes settlement construction.

THE ASSOCIATED PRESS

Honduras

Official concerned over DEA shooting

Honduras' top human-rights official says he worries that the second fatal shooting by a U.S. agent in Honduras could lead to wider confrontation between drug traffickers and U.S.-backed police and troops.

The Honduran government is defending its work with the U.S., saying American help led to a dramatic increase in drug seizures.

Human-rights ombudsman Ramon Custodio said Monday that "sooner or later air and sea operations won't be enough and we'll see military and police operations on land."

A DEA spokeswoman said Sunday that the pilot of a suspected drug flight was shot dead by two DEA agents this month after he refused to surrender and made a threatening gesture.

THE ASSOCIATED PRESS

Revellers run on the Estafeta corner as a fighting bull charges through the streets during the second running of the bulls at the San Fermin fiestas, in Pamplona northern Spain. ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Three gored on Day 3 of running of the bulls

Injured. American who suffered an inch-deep puncture wound says he will run again

Two Britons and an American were gored Monday on the third day of Spain's famed running of the bulls through the cobblestoned streets of Pamplona, the most gorings for one run so far this year.

Thousands of daredevil runners charged ahead of six fighting bulls let loose for the annual San Fermin festival in northern Spain, and the three were gored by one that broke free from the pack just before entering the city's bullring, a Navarre regional government statement said.

Aryeh Deutsch, a 38-year-old who has participated in dozens of bull runs at Pamplona, said he tripped and fell amid a crowd of runners as he dashed ahead of the black bull and saw the animal heading toward him as he lay on the ground.

"The next thing I know I am underneath him, I can see his belly and I was trying to roll out of the way to get under the fence and, yeah, he got me," said Deutsch, an engineer from Cherry Hill, N.J.

Men run in front of a Miura's ranch fighting bull. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Deutsch didn't realize at first that he had been gored but got behind the fence when he saw the bull turn around instead of heading toward the ring. He later saw he had a hole in his pants and was bleeding, and was taken on a stretcher to hospital for treatment.

None of those gored were seriously injured. Four other people were treated for cuts and bruises sustained in the adrenaline-fuelled dash along the 849-metre course. The run lasted just over three minutes.

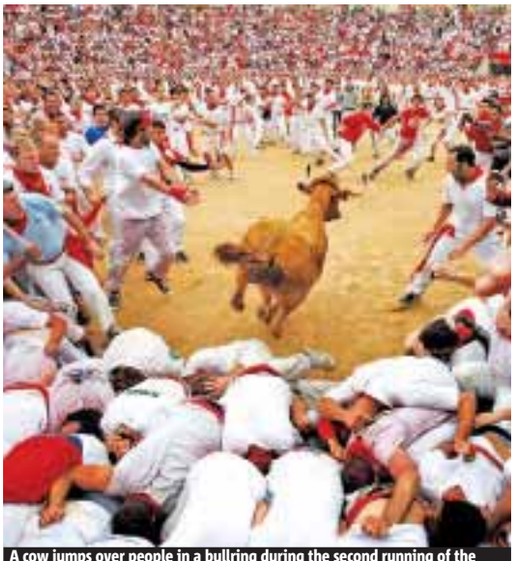
One person was gored the first day of this year's San Fermin festival, while none were gored on the second day.

Doctors told Deutsch he received a one-inch-deep puncture wound. The goring was the first that he has received in 53 runs in Pamplona since 2004. And he was planning to run again Tuesday despite the injury. THE ASSOCIATED PRESS

No regrets

"It's a beautiful thing watching that herd run. They are like a thunderstorm on those cobblestones. We like to say we are running with our bull brothers."

Aryeh Deutsch, an engineer from New Jersey injured in the bull run.



A cow jumps over people in a bullring during the second running of the bulls at the San Fermin fiestas. IVAN AGUINAGA/THE ASSOCIATED PRESS

Annual festival

15 killed in runs since 1924

The morning runs are the highlight of the annual festival, which is also a massive street party that attracts many international visitors, and became world famous with the publication of Ernest Hemingway's 1926 novel The Sun Also Rises.

The ornery beasts used in the centuries-old fiesta can weigh 500-plus kilograms. Fifteen people have been killed since record-keeping began in 1924.

The most recent death was in 2009, when a young Spaniard was gored in the neck as he tried to escape a bull by sliding feet-first under a fence separating the course from the crowd watching the run. It was the first death at San Fermin in nearly 15 years. THE ASSOCIATED PRESS

Tradition since 16th century

Participants run in front of a Cebada Gago ranch fighting bull. DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

Some 4,000 people have taken part in this year's daily runs, San Fermin experts on state broadcaster TVE said.

- The runs take place daily until July 14 and are broadcast on state television.
- The festival in this northern city dates back to the late 16th century and is also known for its all-night street parties.
- The 850-metre runs take place at 8 a.m. and are intended to take bulls from stables just outside the city's northern medieval walls to a central bullring where the animals face matadors in the afternoon of each of the feast days.

Canadian firms upbeat despite global concern

Bank of Canada. Hiring intentions are quite positive, with 59 per cent of businesses planning to hire within 12 months

Canadian firms remain surprisingly optimistic about the next year — with positive expectations for sales, investment and hiring despite concern about the global economy, the Bank of Canada's new survey of business intentions suggests.

The much-watched quarterly survey, released Monday, reveals a Canadian business sector that is wary about the renewed uncertainty and risks over the global outlook, but mostly confident they will be able to cope.

The most encouraging reading is on hiring intentions, with 59 per cent of firms saying they plan to hire additional workers in the next 12 months, as opposed to only six per cent that plan to cut jobs.

"Responses to the summer survey suggest that businesses generally remain positive about the outlook, but are mindful of renewed uncertainty regarding the global economic environment," the central bank said in its analysis of the findings.

"Several factors support the overall view ... including commodity-related activity and the resulting spillover effects, firms' own initiatives to reposition themselves for growth, and gradually improving U.S. demand."

The survey was conducted between May 22 and June 14, following months of headlines about the European Union's inability to devise a long-lasting solution to the region's debt crisis.

The EU leaders surprised many in late June when they announced a plan to pump cash from a fund directly into troubled banks, rather than adding to the national debts of individual member countries.

If there was one signal the European difficulties were crossing the Atlantic, it was on the issue of credit conditions. By a narrow margin, firms reported some tightening conditions over the past three months, following a broad-based easing trend.

But that finding was undercut somewhat by the accompanying survey of senior loan officers, who judged that business-lending conditions had eased somewhat in the second quarter, although fewer thought that than three months earlier.

THE CANADIAN PRESS

Past sales expectations

The Bank of Canada did note that sales expectations for Canadian firms were not as strong in the latest sampling as three months ago — with 47 per cent expecting shipment volumes in the next year to grow at a faster pace rate than in the past 12 months, as opposed to 32 per cent who expect sales to slow.

- The 15-point positive balance of opinion is about half the result of the spring survey, but the Bank of Canada cautions the readings come off different sets of expectations.

Technical difficulty softens Microsoft message

Microsoft CEO Steve Ballmer yells to be heard after his wireless microphone stopped working at the Microsoft Convention at the Air Canada Centre in Toronto on Monday. About 15,000 attended, making it one of the biggest corporate conventions in Toronto's history. Microsoft Corp. announced that computers running on Windows 8, the next version of its Windows operating system, will go on sale in October. Applications will appear in a mosaic of tiles on Windows 8. The company also designed the operating system so it can run on personal computers or touch-based tablet computers. Windows 8 is being counted on to help revive demand for laptops and other personal computers.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Survey

Canadians blowing dough on quick lunches

A new survey suggests more than half of Canadians head to a restaurant for lunch at least once a week — a habit that's costing many Canucks some serious dough.

The poll by Visa Canada suggests that while eating out might be convenient, the price tag is not so appealing. The survey suggests the majority of the 60 per cent of Canadians who eat out once a week spend between $7 and $13 on their meal. It also suggests the average Canadian who opts to buy a lunch spends about $8.80 on the meal — and Ontarians appear to eat out the most often, with 20 per cent hitting up restaurants three or more days per week. THE CANADIAN PRESS

Market Minute

DOLLAR 98.11¢ US (-0.06¢)

TSX 11,634.67 (-25.28)

OIL $85.99 US (+$1.54)

GOLD $1,589.10 US (+$10.20)

Natural gas: $2.88 US (+11¢)
Dow Jones: 12,736.29 (-36.18)

Candu Energy enacts contingency plans after strike

Striking Candu employees receive high-fives from a passing vehicle as they picket the facility in Mississauga, Ont. on Monday. FRANK GUNN/THE CANADIAN PRESS

Candu Energy Inc. enacted a contingency plan Monday after about 800 nuclear scientists, engineers and technologists walked off the job on strike when negotiators failed to reach a deal by the deadline.

But the Society of Professional Engineers and Associates, which represents the workers, said there will be a noticeable effect on operations.

"There's not enough people to replace us, so work will definitely be impacted," union spokeswoman Michelle Duncan said.

Duncan said Candu employees have stopped the ongoing safety analysis that's performed on reactors, and are not available to make any repairs to the reactors.

Candu spokeswoman Katherine Ward said the company does not operate any nuclear power plants so the strike action should have no impact on the day-to-day operations at the plants.

"We've implemented extensive contingency plans to deliver on our customer priorities, and have been talking to our customers almost continually since before the strike began," said Ward.

Candu is owned by Montreal-based engineering giant SNC-Lavalin, and its employees design, build and service nuclear reactors that supply nearly half of Ontario's electricity and 16 per cent of Canada's overall electricity requirements.

The company has operations in Ontario, Quebec and New Brunswick. Reactors designed by Candu supply more than 22,000 megawatts of power at sites around the world.

THE CANADIAN PRESS

Sticking points

The union has said the main issues in the labour dispute involved wages and seniority.

- SPEA president Peter White said a key issue is what he calls the company's desire to move away from nuclear industry standards and compensate its employees differently from other workers in the field.

Biotechnology. Canadian developer slashes workforce

Canadian biotechnology company QLT Inc. is cutting its workforce by two-thirds, leaving it with 68 employees after a downsizing brought in by new leadership following a proxy battle waged by some of its shareholders.

Among those leaving is Robert Butchofsky, who has been QLT's president and chief executive. He has agreed to stay until July 31 as part of the transition.

The Vancouver-based company had been one of Canada's most successful biotechnology firms based on its treatment for a common form of age-related blindness.

THE CANADIAN PRESS

Virus infects 10,000 Canadian computers

If your computer just won't connect to the Internet, you may be among the 10,000 Canadians infected by malicious software created by Estonian online pirates.

"People do need to take it seriously," Byron Holland, president and chief executive officer of the Canadian Internet Registration Authority, said on Monday. CIRA offers an online check to see if malware is behind your problems.

Only about 0.1 per cent of Canadians should be affected by the virus. Most users have paid attention to warnings and installed up-to-date antivirus software or avoided online scams, he said.

In the spring, when the Internet community focused on the coming danger, there were still 25,000 vulnerable Canadians, Holland said.

"If your computer is infected and you open up a web browser ... you will see nothing," said Dave Marcus, director of advanced research and threat intelligence for cyber security firm McAfee Labs.

Thousands waited too long or simply didn't believe the warnings of malware that took over computers around the world more than a year ago.

At 12:01 a.m. EDT Monday, the FBI turned off the Internet servers that were functioning as a temporary safety net to keep infected computers online for the past eight months.

TORSTAR NEWS SERVICE

SO MANY THINGS WRONG WITH THIS PICTURE

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Something strange happened last week: a Victoria's Secret model became newsworthy because of her distinct lack of curves. In a Facebook campaign for the lingerie brand's Swim Style Finder, a bow-legged model appears noticeably distorted and her beach bum has been entirely eradicated thanks to some overzealous airbrushing.

I guess, in some ways, it's kind of comforting to know that even Victoria's Secret models don't actually look like Victoria's Secret models.

While we've come to expect that advertisers and magazines offer a somewhat imagined version of reality — a glossy fantasy land in which women wear couture to the office and spend hours preparing DIY oatmeal face masks — many take the desire to retouch reality a bit too far. Turning back time, erasing blemishes, smoothing cellulite and digitally carving bodies into nothing more than clothing racks with hollowed out cheekbones has become the norm.

Stars without Photoshop

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because, just like us, they suffer from the effects of sun damage and bad lighting, and too much tequila the night before.

Some egregious examples of Photoshop gone wrong are laughable — check out PhotoshopofHorrors.com (see example pictured below) for some particularly cringe-worthy examples — but there are also serious implications when it comes to reimagining human anatomy to create an unrealistic version of beauty.

Earlier this year, 14-year-old Julia Bluhm started a crusade against digitally altered photographs in Seventeen magazine. The eighth grader's online petition gathered more than 84,000 signatures, and, last week, Seventeen made a promise to "celebrate every kind of beauty" and use images of real girls and healthy models within the pages of the magazine. Of course, their advertisers aren't vowing to abstain from Photoshop, so I'm sure their young readers will still be subjected to whittled down waistlines and excessively whitened smiles.

Oops! Did you still want that limb?
NICK MCGLYNN/PHOTOSHOPOFHORRORS.COM

Personally, I'd much rather look at images of celebrities and models in their un-Photoshopped glory, without layers of makeup and Spanx. I know it's shallow, but I enjoy those close-up images taken at awkward angles that make me feel better about my own imperfections. The realness of celebrities is what I find interesting, not the airbrushed artifice.

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because, just like us, they suffer from the effects of sun damage and bad lighting, and too much tequila the night before. Except maybe Jennifer Aniston — whose flawless body is presumably a result of her dedication to Smartwater, yoga and her never-ending breakup diet.

Ultimately, what fashion magazines and advertisers might not understand is that most of us don't want to look at pages filled with hyper-real, computer-generated bodies. Readers want to see women with both style and substance and, preferably, with all of their limbs intact.

Follow Jessica Napier on Twitter @MetroSheSays

It's the real toy storeys

LEGOLAND WINDSOR

Crazy construction

Brits build world's tallest Lego tower

It's Olympic year, and the Brits are keen to break records. Britain has reclaimed, from South Korea, its record for the world's tallest tower made from pieces of Lego. During the weekend, hundreds of volunteers completed the 32-metre-high tower, which now resides at Legoland Windsor theme park near London. METRO

Tower of Lego? It's more Tower of Vertigo. LEGOLAND WINDSOR

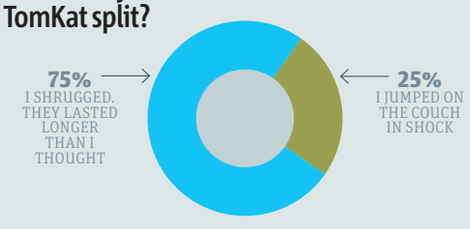
Tower in detail

- **Record height.** 32 metres (beating Seoul's record of 31.9 metres), the same height as a nine-storey building.
- **Brick work.** Made up of more than 500,000 pieces, it comprises over 160 sections and nine Lego figurines.
- **History.** Tallest Lego tower first recorded in London in 1988 was for a tower of more than 15 metres.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What was your initial reaction to the TomKat split?



Twitter

@TheSheepdogs: Rockin some Pilsners in #YLW representing #YXE

@QuadrantKhan: #yvr #yxe , family on the boat, boyfriend, music, friends, experiences - I love you

@reneprefontaine: #yxe is a charming river city.

@seabass1977: Um nobody told us that the Mosquitos are back in full force in #yxe #sprayformisquitos #nothappy

@kkindrachuk: Riders 2-0 - Now on way back to #yxe with a large McDonald's coffee. Might be better than Tim's...

@KristinMuH: @Shawnte I feel your pain. Summer of 2010 I drove to Saskatoon with my parents. While listening to audiobooks about golf.

metro

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2
SCENE

Scene in brief

Kourtney adds one more Kardashian to the clan

Kourtney Kardashian has given birth to a baby girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed seven pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were "resting comfortably." She and Disick have a two-year-old son named Mason. Both of her pregnancies were highly publicized. Her sister, Kim, wrote on her website that the family was thrilled to finally meet the newborn. The family appears on Keeping Up With the Kardashians.
THE ASSOCIATED PRESS

On the web

For tabloid fodder, Cruise-Holmes split a celebrity divorce like the good ol' days

Between the mega-success of this spring's The Avengers — with a worldwide take of more than $1 billion — and the anticipated arrival of The Dark Knight Rises later this month, it's quite the year for comic book movies, making this week's San Diego Comic-Con that much more exciting. Here's some of the stuff we're looking forward to most at the annual nerd-fest, and be sure to follow along on Twitter (@nedrick) for behind-the-scenes updates from the Con all weekend long.

NED EHRBAR
Metro World News in Hollywood

Comic-Con sneak peek

Movies

Comic-Con has become the proving ground for studio blockbusters, and with a lot of franchises coming to an end — Christopher Nolan's Batman series for example — the big question is what will be keeping fans lining up for the next few years.

The Hobbit: Peter Jackson completed principal photography on his two-film adaptation of the J.R.R. Tolkien classic just last week, so hopefully he'll have something exciting.

Iron Man 3: While filming hasn't started yet on the franchise juggernaut and Avengers followup, fans will be eager for whatever surprises Marvel super-producer Kevin Feige decides to unveil. Who knows, maybe Robert Downey Jr. will even make an appearance.

Elysium: Visionary filmmaker Neill Blomkamp is bringing in some big guns for his followup to 2009's District 9, including stars Matt Damon and Jodie Foster — not exactly a familiar Comic-Con face. We're just excited to learn more about the class warfare sci-fi film, to be released next March.

Django Unchained: We're stoked to get a glimpse at Quentin Tarantino's next flick, a revenge-fueled western starring Jamie Foxx as a freed slave. Tarantino will be on hand along with Foxx and Christoph Waltz.

The Hobbit. HANDOUT

Benedict Cumberbatch GETTY

TV

Hits of the small screen have become a bigger part of Comic-Con — this year marks the first time TV shows have held panels in the massive Hall H, usually the exclusive domain of studio films. We'll be watching out for news on some returning shows and some new entries.

The Walking Dead: The popularity of the zombie drama's first appearance at Comic-Con two years ago caught organizers off-guard, but by now they should be ready for the massive fan outpouring. And with the show's third season debuting in October, we're hoping to learn some juicy details.

Community: The cast of the quirky comedy with a passionate — if small — fan base returns to Comic-Con on the heels of series creator Dan Harmon's news-making termination this spring. We're curious to hear what direction the show will take with new bosses — and a reduced episode order.

Elementary: The BBC's modernized Sherlock, starring Benedict Cumberbatch, has been a major success, so an American take was almost inevitable. This one finds a still-British Holmes (played by Johnny Lee Miller, who co-starred with Cumberbatch onstage in Frankenstein last year) fresh out of rehab and in New York, accompanied by a female Watson (Lucy Liu).

Zombies

Comic-Con taking place a week earlier this year — due to the Olympics — means the middle of the fest falls on Friday the 13th, amping up the already prevalent Halloween-in-July feel around Downtown San Diego. Organizers are taking full advantage of the date, with zombies proving to be the hot ticket his year. (Sorry, Twilight fans.)

Zombie Walk: Celebrating its sixth year at the Con, this parade of undead enthusiasts promises to be the biggest yet. Hundreds of zombified folks will take over the Gaslamp Quarter, marching — very, very slowly — for "undead rights." And 300 lucky participants will receive tickets to FEARnet's exclusive Con of the Dead after-party Friday night.

The Walking Dead Escape: The popular zombie cable series is taking over Petco Park, home of the San Diego Padres, to create an epic zombie apocalypse survival course. As of press time, tickets to be one of the zombies had sold out, but attendees still have a chance at trying to survive the course unbitten.

The Walking Dead HANDOUT

Zachary Levi HANDOUT

Parties

As Hollywood has taken over Comic-Con more and more, the party scene surrounding the convention has gotten a bit ridiculous. And while the whole neighbourhood feels like a nerd-filled Mardi Gras each night, some tickets are definitely hotter than others.

The Entertainment Weekly/Syfy Party: The premiere event of the Comic-Con party scene takes over the Hard Rock Hotel on Saturday night — but good luck trying to get an invitation.

VH1's Dawn of the Con Party: While most of the evening activities involve guest lists and velvet ropes, Rob Zombie is teaming up with VH1 to throw a party for the people at Petco Park Thursday night. All you need is a Comic-Con badge for free entry.

Nerd HQ 2012: Those looking for a break from the Con can head to this playground set up by Chuck star Zachary Levi and multimedia company Nerd Machine just two blocks from the Convention Center, with all sorts of fun toys from Xbox and Vizio.

DVD reviews

American Reunion

Director. John Hurwitz, Hayden Schlossberg

Stars. Jason Biggs, Alyson Hannigan, Seann William Scott

●●●○○

American Reunion, co-directed and co-written by Jon Hurwitz and Hayden Schlossberg, might just be the funniest issue yet from the American Pie franchise factory. Thirteen years has passed since the five lads from American Pie made a pact to lose their virginity at prom; now there's a desperate pitch to rekindle stalled libidos at a high school reconvening. Remarkably, American Reunion manages to get every major original cast member back. The directors are unable to shepherd this large cast to a new destination — American Reunion rehashes the same old gags over a ponderous 112 minutes. It's OK, though, because this troupe has earned our loyalty, and also our sympathy regarding the many indignities of aging.
PETER HOWELL

Comic-Con Episode IV: A Fan's Hope

Director. Morgan Spurlock

Stars. Kevin Smith, Stan Lee

●●●●○

A funny thing happens at a geek convention in Morgan Spurlock's latest documentary, Comic-Con Episode IV: A Fan's Hope, and it's not the usual riffs. The annual summer nerd nirvana in San Diego would ordinarily be like shooting fish in a barrel for Spurlock, whose previous docs have skewered McDonald's, Osama bin Laden and movie product placements. Spurlock realizes this, and instead approaches "The Con" from the perspective of a highly intrigued observer. He keeps himself off camera as he follows seven people who embody the Comic-Con spirit. Spurlock pulls it all together with infectious brio, making us realize that geeks are people, too, who maybe just dream harder than the rest of us.
PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Salma Hayek ALL PHOTOS GETTY IMAGES

No Savages for mini Salma

Salma Hayek admits that her 4-year-old daughter, Valentina, won't be seeing her latest film, Oliver Stone's Savages, in which Hayek plays the head of a bloody Mexican drug cartel.

"She's not going to watch this movie," she insists during a visit to The Tonight Show to promote the film.

"Actually, this was the only movie that she was not on the set. I usually bring her on the set and she always likes to sit right next to the monitor and she bosses everyone around. I know Oliver Stone would have not let her come in and say, 'Excuse me, Oliver, let me take over the set.' No."

Katie Holmes

Curtains may be closing on Holmes-Cruise show

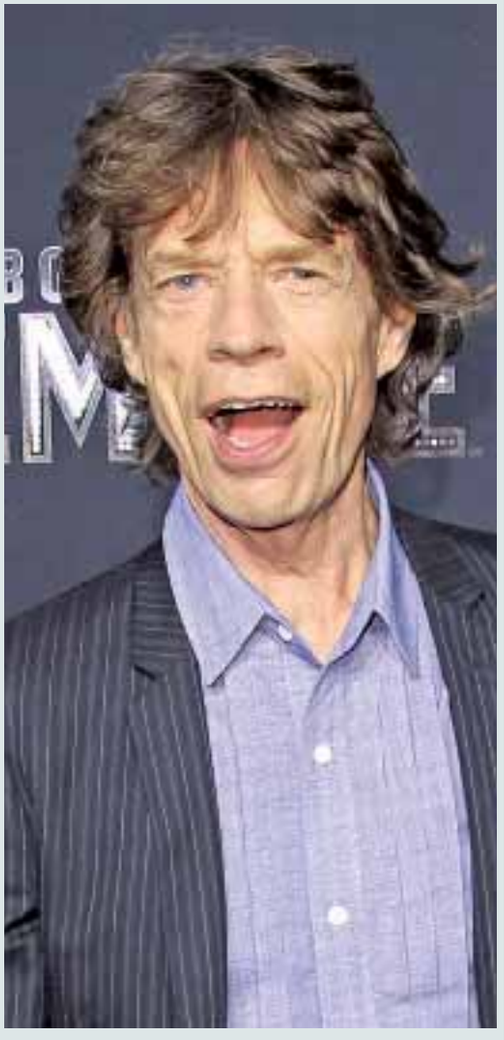
After two weeks of drama, Katie Holmes and Tom Cruise have put a quick and tidy end to their divorce circus. The couple reached a settlement yesterday, which will avoid a messy court hearing later this month.

While there's no word on the terms of the agreement, Holmes is rumoured to get custody of daughter Suri, while Cruise will have generous visitation rights.

As for the statements, we're going to hand it to Team Cruise's lawyers for giving up the least amount of information in the blandest way possible:

"The Tom Cruise-Katie Holmes case has been settled with a signed agreement. Tom is really pleased we got there."

The Word



THE WORD
Monica Weymouth
Metro World News in New York

Jolie had no love for Jagger's moves

You can add Mick Jagger to the long list of people bewitched by Angelina Jolie.

In a new biography, Mick: The Wild Life and Mad Genius of Jagger, Christopher Anderson claims the Rolling Stones frontman became obsessed with Jolie after she played a sullen stripper in the video for their 1997 single Anybody Seen My Baby.

Although Jolie was married to Jonny Lee Miller at the time, Anderson claims that Jagger left her countless voicemails during which he was "virtually sobbing" and pursued her for several years.

Jolie didn't return his calls, but her mother "loved Mick for Angie and felt that he could teach her about fame," according to a family friend.

So why would Jagger waste his time on the one half-naked 22-year-old actress who wouldn't call him back?

"She scares me a little. I like that," he's quoted as admitting in the book.

This, mind you, from the man who spent decades waking up on hotel floors next to the hungover ghost of Keith Richards.

Angelina, we are, as always, impressed.

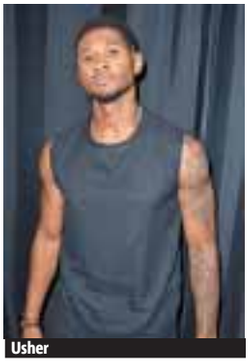
Sienna Miller

The stork has come for Sienna

Sienna Miller gave birth to a baby girl in London over the weekend, according to Us Weekly. This is the first child for Miller and fiancé Tom Sturridge. The notoriously press-shy Miller has said very little about her pregnancy, but in April she did open up to British Vogue: "Even though I'm under strict instructions not to say anything, as it would completely defeat the point of everything I've tried to achieve in the last eight years, I'm feeling fine. It's all progressing nicely and it's very exciting," she said.

Usher's stepson involved in tragic accident

R&B singer Usher's stepson, Kyle Glover, has been declared brain dead after a horrific boating accident, according to TMZ. The 11-year-old son of Usher's ex-wife, Tameka Foster, was reportedly riding on an inner tube on a lake near Atlanta over the weekend when he collided with a passing jet ski and was struck in the head, the website reports. On Sunday, Glover was reported brain dead, but he remains on life support.



Usher

Twitter

@ActuallyNPH
Taking the train from Paris to London. Am I wrong, or is travel by train the greatest, calmest, classiest thing ever?

@ebertchicago
As an experienced ex-drunk, I want to know: How do the guys on "Mad Men" drink like that all day and get home (or anywhere) in one piece?

@AlbertBrooks
Dreamt I was sick and had to go before a death panel. They said I should die but they really liked my movies.

@SarahKSilverman
Ironically, "note to self" is only ever said for other people's benefit

3 LIFE

Firming Creams

L'Occitane: Almond shaping delight

This cream works to refine and reshape the contours of your body distorted by cellulite. It's plant-based complex includes Almond tree buds, rich in draining flavonoids, that helps release existing fat cells throughout the entire body. $59 loccitane.com.

Nip + Fab

This feels cool and tingly against the skin and definitely makes if feel tighter. Twice daily application stimulates lipolytic activity (release of fatty acids from fat cells) and reduces the amount of fat deposited in the skin tissues. $28.29 nipandfab.com

METRO

On the Web

Seventeen magazine offers 'body peace treaty' after teen crusader takes on altered photos

Cellulite: with you for life?

Fat. Cellulite can happen to anyone. Your age and size has little to do with it. Metro speaks to body and beauty experts to find out why some of us develop these dreaded lumps and bumps.

ROMINA MCGUINNESS
Metro World News

Women mainly, and men increasingly, spend huge amounts of time and money on anti-wrinkle creams, laser hair removal and personal trainers in order to get smooth, flawless skin. But there are some things no miracle cream can fix. Cellulite is one of them.

Why your skin looks lumpy

"Cellulite is fat, water and lymphatic fluid trapped in a webbing of tough collagen fibers under the skin," says Maria Hatzistefanis, founder beauty brand Rodial. "If this connective tissue becomes weakened, small pockets of fat and fluid can push through towards the surface, becoming more visible."

How it's formed

Skin type and hormones — rather than diet or exercise — determine the formation and appearance of cellulite, Julie Cichocki, beauty expert for cult beauty brand Karin Herzog (a favourite of Kate Middleton) tells Metro how it happens.

"Female hormones (estrogen) increase fat stores and dictate the pattern in which the fat is formed. Genetically, women form fat in a different pattern to men; around her hips and thighs and around the middle are the typical areas for cellulite. This is to make a woman's body curvy, attractive and fit for childbirth. Cellulite is formed just under the surface of the skin, in the hypodermis, which is the only layer where hormones govern the laying down of fat cells. If estrogen is high, fat cells will form in the hypodermis. Toxins are then stored in these fat cells and the more toxins we store, the bigger the surface size of the fat cell and the more water it can hold. As the fat cell swells, it becomes enlarged and lumpy."

What about men?

A woman's skin is finer and more elastic than a man's so any cellulite formed will be more visible. Celebrity trainer Justin Gelband states that while cellulite can occasionally be seen on men, they'd have to be really overweight.

"Women produce estrogen, which produces fat whereas men produce testosterone, which eats up fat," he adds.

Beauty Pick

Elemis: Body Detox Skin Brush

HOW TO: Brush upwards from the soles of the feet to boost sluggish circulation and remove dead skin cells.
$47
elemis.com

Quoted

"An estimated 90 per cent of women have cellulite and will never get rid of it. You can change the levels of it, but you will always have it."
Justin Gelband
celebrity fitness trainer

Relax, it's natural. THINKSTOCK

Advice

How you can hide the bumps

MARIA HATZISTEFANIS
Founder of Rodial beauty

Maria Hatzistefanis founder of Rodial beauty, shares her top three cellulite busting tricks:

1 Fake tan: this helps to hide cellulite and makes the skin appear smoother and less bumpy.

2 Drink lots of water: to flush out the toxins in the body that cause connective tissues to harden and form cellulite.

3 Eat whole foods: including plenty of fruit, vegetables, white meat, pulses, low fat dairy products and moderate amounts of lean red meat, eggs, nuts and olive oil. Going teetotal, giving up caffeine, and avoiding all sugary, salty and processed foods also helps.

Best Health

Summer food smarts

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In this season of picnics, road trips, camping and BBQs, food poisoning can happen easily if you're not careful. The Summer issue of Best Health magazine offers food safety tips from registered dietitian Sue Mah.

Wash your hands
It's the number one rule any time of year. Take 20 seconds to do it — and you can help kids learn how long that is by telling them 20 seconds is about how long it takes to sing, "Twinkle, Twinkle, Little Star." When soap and water aren't available, use an antibacterial hand sanitizer or wipes.

Keep everything cool
Snacks and drinks should be kept in a cooler or insulated bag with a couple of frozen ice packs. Cold foods must be kept below four degrees Celcius.

Anything warmer than that is in the danger zone where harmful bacteria start to grow.

Raw meat should be packed in a separate cooler away from other food if possible, or at the very least, make sure meat is completely sealed and placed at the bottom of the cooler to prevent juices dripping on other food.

For picnics and BBQs, when food is put out on the table, set it over a bowl of ice.

Use two sets of tools when grilling
In each set, have a pair of tongs, marinating brush and a cutting board.

Use one set for uncooked meats, the other for cooked foods. And always use a thermometer for meat and poultry to ensure bacteria has been killed.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Entertain guests — and taste buds — with unique combo

Spinach Salad with Cinnamon Almonds, Strawberries and Goat Cheese

This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

The combination of spinach, spiced nuts, strawberries and goat cheese gives this salad loads of character.

Prepare the almonds in larger quantities and keep them in an airtight container for up to 2 weeks.

1. Preheat oven to 350 F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar and cinnamon. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Cinnamon Almonds
- 1/4 cup whole almonds
- 1/3 cup packed brown sugar
- 1/2 tsp cinnamon

Salad
- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese

Dressing
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard

Health Solutions

Top five fruits

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

You are going to guess blueberries are the number one fruit, right? Well, any fruit is a great snack — especially if it replaces a sugary treat! But what you are truly looking for is a fruit that is high in fibre, vitamins and minerals and, yet, low in calories.

What really separates the men from the boys is the cancer fighting carotenoid content and that is hiding deep inside the fruits that are tinged red.

Of course, berries are your buddy but if you want to go beyond them, these are even better...

Guava

Guava contains only 50 calories per half cup but packs a wallop of carotenoid. One guava has four times the vitamin C of an orange. Find a red guava, make sure it is soft and ripe and eat it like an apple. Also try cooking it down into a jam to spread on toast.

Watermelon

Two cups of watermelon contain merely 90 delicious calories and plenty of satisfying water. Feel free to use a blender on the pulp and freeze it into Popsicles.

Papaya

Papaya delivers helpful enzymes for an upset stomach along with its meagre 60 calories, super nutrients and six per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

Cantaloupe

The redder the better. One cup gives up only 50 calories, but five per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

Pink Grapefruit

Grapefruit has that red pigment that is doing all sorts of good things to your body. One half is just 50 calories.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Watermelon Salad. Light, refreshing & innovative

This salad brings together a tasty selection of healthy, flavourful ingredients from the Mediterranean along with watermelon.

The combination results in a light, refreshing salad that can be served as a snack or side dish with grilled chicken, meat or fish.

1. In a large bowl, place salad greens, watermelon, onion and feta cheese and mix to combine. Refrigerate. Just before serving, toss salad with olive oil and balsamic vinegar and garnish with pepper.

THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.OR

Ingredients

- 1.5 l (6 cups) mixed salad greens
- 750 ml (3 cups) cubed watermelon
- 125 ml (1/2 cup) sliced onion
- 75 ml (1/3 cup) crumbled feta cheese
- 45 ml (3 tbsp) extra-virgin olive oil
- 30 ml (2 tbsp) balsamic vinegar
- Cracked pepper, to taste

Marry summer staples, salad and grilled meat, in one dish

Summer is prime time for salads and grilling. So why not bring them together in one delicious dish?

For this salad, go with a grill-friendly steak — flank. It takes well to seasoning rubs, cooks quickly and slices nicely. For the seasoning rub, use with a simple blend, the highlights of which are fennel seeds and cumin (but you could substitute whatever seasonings you prefer).

Ingredients

- 1 tsp whole fennel seeds
- 1 tsp whole cumin seeds
- 1 tsp yellow mustard seeds
- 1 tsp garlic powder
- Kosher salt and coarsely ground black pepper
- 1 1/4 pounds flank steak
- 2 tsp olive oil
- 1 tsp cider vinegar
- 1 pint cherry tomatoes, halved
- 2 cloves garlic, minced
- 5-oz package baby arugula
- 1 green bell pepper, cored and diced
- 1 avocado, peeled, pitted and diced
- 4-oz log soft goat cheese
- 1/2 cup dried cranberries

Fennel-Cumin Flank Steak Salad

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the grill to medium-high.

2. In a mortar and pestle or spice grinder, combine the fennel, cumin, mustard, garlic powder, 1 teaspoon of salt and 1/2 teaspoon of pepper. Grind well, then rub the mixture over both sides of the flank steak. Set aside.

3. In a medium bowl, whisk together the olive oil, vinegar and 1/2 teaspoon each of salt and pepper. Add the tomatoes and garlic, toss well, then set aside.

4. Divide the arugula between 4 serving plates. Top with the bell pepper and avocado. Crumble a quarter of the goat cheese over each plate of arugula, then sprinkle with dried cranberries.

5. Using an oil-soaked paper towel held with tongs, oil the grill grates. Add the steak and grill for 4 to 5 minutes per side for medium-rare. Transfer to a cutting board and let rest for 5 minutes. Thinly slice the steak against the grain, then heap a quarter of it on top of each salad.

6. Spoon a quarter of the tomatoes, as well as any liquid in the bowl, over each salad.

THE ASSOCIATED PRESS

Advice

Cottage entertaining

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I plan on having several friends and their families up to my cottage later this summer, however I'm not sure if it is OK to ask them to bring things, and if so, how do I ask? I specifically want to ask my friends to help with the food and gas expenses for the boat when they are water-skiing.
Cottage girl

Dear Cottage girl,

Every year this is a common problem amongst cottage-goers and their guests.

Firstly, may I say, if you are lucky enough to be an invited guest, don't wait to be asked, but take the initiative yourself to ask your hostess what you can bring. Have ideas ready for the kind of foods you would like to prepare that would travel easily and cook or re-heat easily at the cottage.

Now, as the hostess, have your game plan from the beginning.

When you invite your guests don't be afraid to say, "So Jane I'm really glad you are able to join us, now may I ask if you could please bring one of your world famous lasagnas and caesar salads to the cottage? I would love to serve that for lunch on Saturday. Just so you know, the head count will be four adults and six children."

And finally, the boat gas is the tough question, as you are asking for money.

What about saying something like, "Jane, I hope you understand but with the cost of gas these days, perhaps we can share some of the gas expense for the boat when the kids go water-skiing, as it's really expensive. We have calculated that a tank of gas costs $300 and lasts about four hours."

What's important is being straightforward and honest, but there is no shame in discussing what you need in terms of help to ensure the success of the weekend. Enjoy!

Cottages can be expensive, so guests should never visit empty-handed. ISTOCK

Forget about personality and values; let's give facial features its due credit

Facemate. Dating site matches people according to the shapes of their mugs

HEIDI PATALANO
Metro New York

Rita Wilson and Tom Hanks are seen by some to have similar faces. Maybe that's why they fit so well as a couple. GETTY IMAGES

It's not quite so strange when you really think about it: How many times have you looked at a couple and remarked that they could be brother and sister?

Those strange similarities a couple can share are no coincidence. Genetically, we have been trained to seek out those who have a face similar to our own, says founder of FindYourFacemate.com, Christina Bloom.

"There's part of the brain that's just focused on processing faces. It's the fusiform gyri. It's so important that we have a special area in our brain for it," Bloom says.

"If you think about human beings before we had language, or if you think about the way babies are — we learn things visually. That makes sense because that's how we mated. We just know what we like."

Bloom points to several examples of couples who have similar faces — Halle Berry and Olivier Martinez, and Tom Hanks and Rita Wilson, for instance.

She believes that matching people by their face shapes will ultimately lead to better chemistry and, hopefully, better coupling.

"After meeting (a date), you think of, 'Wow, it's because of his or her great personality, that's why I like them.' Well no," she says. "You already saw his or her face, and you were interested because of his or her face."

Bloom says that the criteria for a good match comes in this descending order: chemistry, style, values and personality. That's why her website puts looks first and foremost.

After uploading a photo, the site's algorithm analyzes 11 points on the face and matches it with others who share those traits. In the next three months, Bloom hopes to improve the algorithm by using 62 points on the face for more specialized matches.

To Bloom, the website is just helping us do what we already intuitively know how to do. "I've been looking at couples for 20-plus years, and I just think it's innate," she says.

"Basically, we're doing it without even knowing that we're doing it. I do not know how people don't see it."

Real talk: Man interviewed by 12-year-old self

CASSANDRA GARRISON
Metro World News

Have you ever thought about what it would be like to have a conversation with the adolescent version of yourself?

How would your kid-self react to the way you've turned out?

Filmmaker Jeremiah McDonald apparently caught the video bug at an early age and recorded himself at age 12 asking questions directed to himself in the future. Twenty years later, McDonald sat down for a candid conversation with ... himself.

The contrast between the adolescent McDonald and the adult McDonald is charming and touching, and serves as a reminder that we were all kids once and, perhaps, still kids at heart.

The video is edited as a hilarious back-and-forth between the two Jeremiahs.

Young Jeremiah asks the older Jeremiah whether his pets are still alive, while adult Jeremiah is reminded by his younger counterpart that he once had a love for drawing. Their banter is heartwarming.

"You're interviewing yourself, look at you!" the young Jeremiah cries, before he lets out a burp.

"Oh, charming. No wonder I'm single," adult Jeremiah responds.

Adult Jeremiah leaves his younger self with words of wisdom from Dr. Who, which they both love: "Don't blink. Blink, and you're dead."

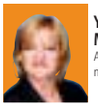
Online

Check out the entire video and get in touch with your own inner kid. Visit metronews.ca/voices/metrotube-of-the-day

Switching banks is more complicated than it has ever been. ISTOCK IMAGES

Breaking up is hard to do

Divorcing your bank. A no-frills financial institution can save you money, but make sure it's right for you



YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps the only life event that's worse than moving house is moving banks. Back in the olden days, you simply closed a chequing and maybe a savings account, took the money and went somewhere else.

Nowadays, with automatic debits and deposits, e-billing and multiple investment accounts from RRSPs to TFSAs and RESPs, packing up to leave a bank requires a whole lot more effort.

Mortgages or lines of credit can't easily be transferred and most people have three to six accounts and up to 15 automatic transactions that must be closed and reopened or redirected. So, divorcing your bank requires some thought.

I've stayed with banks simply because of a good relationship with a senior manager. However, bank employees often move to different branches, which means you can't count on the service continuing.

Not only that, but more rigid guidelines with respect to credit scores and debt-to-income ratios today give bank staff less latitude to bend the rules, even for their best clients.

Increasingly, the issue for consumers is banking fees, account, overdraft, debit and so on. About ten years ago, I got so fed up with rising fees at my bank that I switched to the low-fee, almost virtual President's Choice Financial with kiosks in Loblaws stores.

I did save tons of dough — actually, more than $3,000 over a couple of years. However, there is a downside, as I quickly discovered.

If you have a complicated financial life, as I do, with Canadian and U.S. transactions and a business, you will find the no-frills banks can't provide a full suite of services such as convenient currency exchange. Also, some things like stop payments are hit and miss.

Additionally, if you have investment accounts, it's a little more complicated and you may elect to keep them at a regular bank.

However, virtual banks are offering RRSPs and TFSAs. ING and President's Choice, for example, have some investment options beyond GICs — mostly mutual funds. And at ING you can now open a business account.

You certainly can save money and streamline your life by going to a no-frills banker. Just be sure that what's offered fits your needs.

Alison's money rule

Pick the right bank by knowing your current and future banking needs.

Online tools

- **Details.** Check out the Financial Consumer Agency of Canada's bank selector tool: fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp.

Are you frugal or a cheapskate?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

Anyone can live frugally without compromising their lifestyle. ISTOCK IMAGES

I was at a corporate Stampede function last week in Calgary and a gentleman asked what I write about. "Frugality," I said. To which he responded jokingly, "So, you're a cheapskate."

Frugal living is not the same thing as being cheap. Frugal people maximize the dollars they've worked hard to earn by negotiating prices, finding deals, couponing, buying on sale and determining the best ways to buy products for the lowest possible price.

Sure, sometimes my friends think I'm cheap because I don't drive a fancy car, I love free events, I buy in bulk, and Kijiji is my best friend, but I disagree. I'm a smart spender.

Cheapskates have a bad rap for not buying what they need when they need it because they are afraid to spend their money. When they do spend, they'll buy a cheap product that doesn't last, which then creates unnecessary waste and costs more long-term because it breaks and needs to be replaced.

Are you more frugal than cheap?

- Cheap: Do you purchase the lowest-priced product regardless of quality?
- Frugal: Are you willing to pay more for affordable-quality products?
- Cheap: Do you avoid tipping a service provider at all costs?
- Frugal: Do you tip according to the quality of service?
- Cheap: When the bill comes, do you bolt out of the restaurant and hope your friends overpaid?
- Frugal: Do you divide up the dinner bill according to who ate what?
- Cheap: Are you into pirating books, movies and music?
- Frugal: Do you like to borrow books, movies and music from friends or the library?
- Cheap: Do you avoid offering to pay for a pal's coffee?
- Frugal: Do you swap back and forth between who pays for coffee?
- Cheap: Do you show up at dinner parties empty-handed?
- Frugal: Do you encourage friends to host potluck dinners so that nobody has to shoulder the entire grocery bill?

If your budget is pinched and you're desperate to save pennies, live frugally rather than cheaply. Buy higher-quality pieces like furniture, appliances, clothing and household accessories second-hand.

Wait and save up to make purchases. Buy fewer items when grocery shopping, coupon, negotiate prices and use a budget to monitor your progress.

And, if you are in dire need of something essential such as medication, transit passes or baby formula, don't go without. That could be harmful to your health and livelihood. Instead, reprioritize your budget, get financial assistance, apply for subsidies and take advantage of tax credits.

With a little effort, anyone can live frugally, save money and not compromise their lifestyle.

Leslie on frugality

Sure, sometimes my friends think I'm cheap because I buy in bulk and Kijiji is my best friend, but I disagree. I'm a smart spender.

Budgeting tips. How to manage your money while going to school

Although post-secondary education is expensive, there are several ways to reduce costs and the financial weight of going to school.

These are described in a new online guide, Paying for Post-Secondary Education from the Financial Consumer Agency of Canada (@FCACan), available at itpaystoknow.gc.ca.

Even though it's easy to get credit cards on campus, for example, you should use credit cards carefully and avoid using them at all if you cannot pay off the entire balance at the end of each month.

Reduce the financial burden of your education. NEWS CANADA

Other ways to save

Living in your own place while you go to school may be a wonderful experience, but it's much more expensive than living with your parents.

In 2009, the average expenses over a four-year program for a student living alone were $77,132, compared with $51,763 for a student living at home — a difference of $25,369.

If you cannot live with your parents, consider living with roommates. Sharing accommodation is usually much cheaper than living in a student residence or in your own apartment.

To reduce your education costs, you can buy used books and sell the ones you no longer need, or trade them for books you will need later. Check with local consignment shops for more information.

Tuition fees often include medical and dental insurance. But you can usually waive the coverage provided by the school if you are already covered by your parents' or employer's insurance plans.

If you choose not to have the coverage, the cost of the insurance that would have been included automatically in your tuition fees will usually be refunded to you. This may amount to several hundred dollars a year, depending on the school's insurance plan.

NEWS CANADA

4 SPORTS

Horse racing

I'll Have Another sold to Japan

The owner of I'll Have Another says he sold his Kentucky Derby and Preakness winner to a farm in Japan for $10 million US, a price that far exceeded any amount he was offered in the United States. J. Paul Reddam, who hails from Windsor, made his comments on the bloodhorse.com website. I'll Have Another was retired with a tendon injury before he was to run in the Belmont Stakes and attempt to become the first Triple Crown champion in 34 years.

Mobile sports

It's the all-star break and much of baseball has been turned upside down since the final out of the crazy World Series last October. For example, Pittsburgh and Washington are together in first place for the first time and there have been five no-hitters, including two perfect games. Scan the code to read what else has changed.

Cycling. Armstrong's lawsuit against USADA dismissed for now

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever.

Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

Within hours, U.S. District Court Judge Sam Sparks in Austin dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favour than focus on legal arguments.

Sparks, however, did not rule on the merits of Armstrong's claims and will let him refile the lawsuit. Armstrong attorney Tim Herman said he will do that, possibly on Tuesday.

The lawsuit claimed USADA rules violate athletes' constitutional right to a fair trial, and that the agency doesn't have jurisdiction in Armstrong's case. It also accused USADA's chief executive, Travis Tygart, of waging a personal vendetta against the cancer survivor who won the Tour de France every year from 1999 to 2005.

The judge was not impressed with a filing that dedicated dozens of pages to Armstrong's career history and disputes with anti-doping officials.

Herman said he got the message.

"When (Sparks) speaks, I listen," he said. "It doesn't change the legal issues involved or any of the relief that we seek."

THE ASSOCIATED PRESS

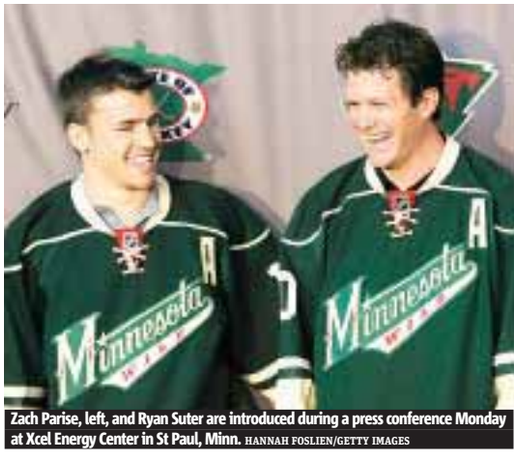
Aggresive move

The lawsuit was an aggressive, and expected, move as Armstrong seeks to preserve his racing legacy and his place as an advocate for cancer survivors and research. He wants Sparks to bar USADA from pursuing its case or issuing any sanctions against him.

Putting on a show at the home run derby

American League All-Star Jose Bautista of the Toronto Blue Jays at bat in the first round of the State Farm Home Run Derby, Monday, at Kauffman Stadium in Kansas City, Missouri. Bautista finished second in the final round, losing to Prince Fielder of the Detroit Tigers. JAMIE SQUIRE/GETTY IMAGES

Parise and Suter are Wild for Minnesota



Zach Parise, left, and Ryan Suter are introduced during a press conference Monday at Xcel Energy Center in St Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

NHL. Team hopes signings are the tip of the iceberg in attracting talent to mid-market team

Minnesota has never been "flyover country" to Zach Parise.

The star forward grew up there, honed his hockey skills there and built a house there to make sure his roots remain in Minnesota for the long term. Yet even in hockey-mad Minnesota, where the passion for the sport may only be rivaled by the country on its northern border, the Twin Cities has always been considered a medium-sized market that doesn't have enough sizzle to lure the biggest names in the game.

When Parise and fellow blue-chip free agent Ryan Suter decided to sign matching 13-year, $98 million contracts with the Wild, part of their aim was to turn Minnesota into a destination for the best pros in the league.

"I think at the end of the day, hopefully, with Ryan and I coming here, good players want to play with good players," Parise said Monday when he was introduced along with Suter at a press conference. "Hopefully that helps influence some people if they need some and we have a lot of friends around the league so hopefully that will help, too."

In the days since the big signings, fans have burned up the phone lines, gobbling up nearly 2,000 season tickets and buying every piece of memorabilia with "Parise" or "Suter" on it that they can get their hands on.

THE ASSOCIATED PRESS

Quoted

"I think Minnesota IS a big-time market. I think it's going to get even bigger."

Ryan Suter, Wild defenceman

Soccer

John Terry racism trial begins

The racism trial of John Terry began Monday with prosecutors claiming the Chelsea captain acknowledges using offensive language as a "sarcastic exclamation."

Terry came face to face in court with Queens Park Rangers defender Anton Ferdinand, whom he is accused of racially abusing during a Premier League match in October. Terry, 31, faces a maximum fine of $3,900 if convicted of racial abuse during a game.

Ferdinand, who is black, gave evidence that he had not initially heard Terry use racist language during the game at Loftus Road.

THE ASSOCIATED PRESS

Cycling

Wiggins wins Tour time trial

Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial Monday and cementing his hold on the yellow jersey he wants to take home in two weeks.

THE ASSOCIATED PRESS

CFL

Stampeders sign Canadian QB

The Calgary Stampeders signed Canadian quarterback Brad Sinopoli to help Calgary overcome an injury to starting pivot Drew Tate.

Sinopoli will be the third-string QB behind Kevin Glenn and Bo Levi Mitchell. THE CANADIAN PRESS

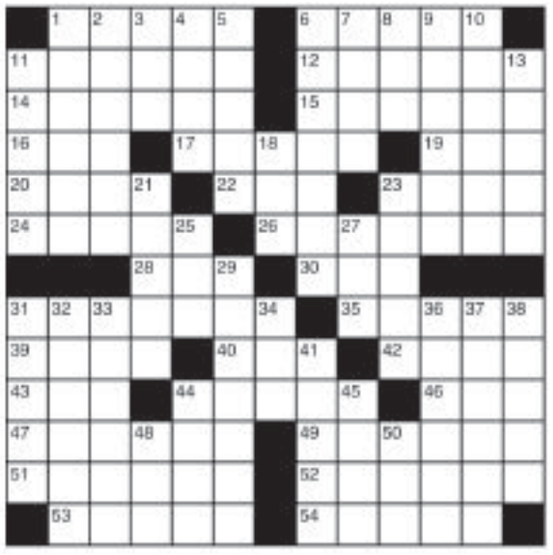
CFL

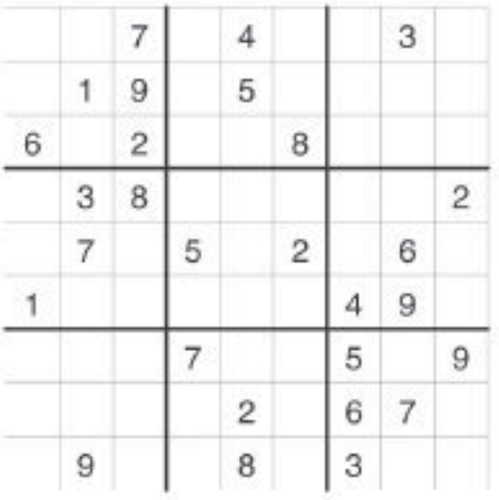
Eskimos' Bowman out for the season

The Edmonton Eskimos will be without Adarius Bowman for the rest of season after the veteran slotback tore both the ACL and MCL in his left knee. He was hurt in Sunday's 17-1 road loss to the Saskatchewan Roughriders. THE CANADIAN PRESS

Across
1 Purplish shade
6 Very excited
11 Lady of Spain
12 O. Henry-esque
14 Border
15 Sculpture medium
16 Altar affirmative
17 Windborne deposit
19 Listening device
20 Blue hue
22 First lady
23 Initial stake
24 Show philanthropy
26 Warned
28 Lettuce variety
30 Retainer
31 Less logical
35 Boutonniere site
39 Drudgery
40 Light beam
42 South American capital
43 Summer on the Seine
44 Push away
46 After taxes
47 Swallow's cousin
49 Shopper's venue
51 Walked proudly
52 Napoleon's realm, e.g.
53 Enthusiastic
54 Phone book data

Down
1 Sluggish
2 Progress
3 Journal
4 Seed coating
5 Hiawatha's carrier
6 That guy, to that guy
7 History chapters
8 Craggy peak
9 Straight
10 Jesus' condemner
11 Hit
13 Wrapped in a waxy cloth
18 Zsa Zsa's sister
21 Resident
23 "... with — live girl"
25 Triumphed
27 Wet wriggler
29 More tranquil
31 Particulars
32 Write symbolically
33 Mountain range
34 Eminem's genre
36 Ring site
37 Eastern potentates
38 Starbucks order
41 Red Sea country
44 Amusement-park attraction
45 Odgen Nash's priest
48 Dress (up)
50 Tachometer reading (Abbr.)





How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

FBY'LV EBTSVLKTR EDPZ DKA HPUBLKZV PAKPT HBBS KA? K'UV PWLVPSF ZBWS FBY ZDPK PTS ZDPK PRPKT!

Yesterday's Cryptoquip: WHEN A SUPER-ROBOT IS CREATED THAT PLOWS LAND, WILL IT BE AN AUTOMATED TILLER MACHINE?

Today's Cryptoquip Clue: U equals V

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. Forget the past. It is over and done with. You can, however, resolve to make today (and tomorrow) better than yesterday and the day before.

Taurus | April 21 - May 21. You have been a bit too out of touch with reality lately — which is not like you at all. Maybe it's time to remember that, as a Taurus, you should be more practical than most.

Gemini | May 22 - June 20. If you feel you are heading down a path that is not right for you, there is still time to stop and go back the way you came or even take a different path entirely. You are in control.

Cancer | June 21 - July 22. The Sun in your sign means this is an excellent time for you on so many levels. But it's also a tiring one, so be kind to yourself today.

Leo | July 23 - Aug. 22. The Sun's entry into your birth sign this month, will make you feel alive. Before then, you need to fix some things, not least a relationship.

Virgo | Aug. 23 - Sept. 22. You can't always do what you would like to do, but that doesn't matter. What counts is that you do what you have to do to the best of your ability.

Libra | Sept. 23 - Oct. 22. Yes, of course, other people can be annoying, and deceitful, but you don't have to react in the same way. Rise above petty squabbles today, and every day.

Scorpio | Oct. 23 - Nov. 21. You may be serious by nature but there is something you would be the first to admit you have been taking too lightly. You know what it is and what needs to be changed.

Sagittarius | Nov. 22 - Dec. 21. Be tolerant of those who see things from a different angle. They are as entitled to their opinions as you are to yours. Diversity is good.

Capricorn | Dec. 22 - Jan 20. You will have to work hard to stay friends with someone who has been giving you a hard time. Is it worth it?

Aquarius | Jan. 21 - Feb 18. There will be a change of emphasis in your outlook over the next 24 hours. While before you were interested only in your work and career, now you will be interested in relationships too.

Pisces | Feb. 19 - March 20. Start thinking along more practical lines. Dare to dream but make sure that your dreams are doable. What can you change today from an idea into reality? **SALLY BROMPTON**

Caption Contest

"Three heads are better than one."
Monica

RAJANISH KAKADE/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

Under the provisions of The Alcohol and Gaming Regulation Act, 1997:

Notice is hereby given that **ROBERT W. TINGEY** has applied to the Liquor and Gaming Authority for a restaurant to sell alcohol in the premises known as **Mardi Gras Grill, located at 239 Idylwyld Drive S, Saskatoon** of which the following is a correct legal document.

Lot 50, Block 16, Plan 00SA15145, Zone B3, 239 Idylwyld Drive South

Written objections to the granting of the permit may be filed with the SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objections. Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Committee, who may refuse to hold a hearing.

Write to:
Saskatchewan Liquor and Gaming Act
Box 5054, Regina, SK S4P 3M3

ADVERTISEMENT

"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

I also found out that the bioflavonoids in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

TRY A FREE BOTTLE!

In fact, the manufacturers of **Nopalea** are so confident that they've agreed to give the readers of this newspaper a special introductory offer. **Call now and they'll ship you a 32-ounce bottle for FREE!** Just pay a small shipping and handling fee.*

There's no risk. No obligation. **But hurry**–they only have a limited number of **FREE** bottles to give away. And when they're gone, they're gone forever.

So do yourself a favor and give your body the great relief it needs. Call today and you'll be like me — a true believer!

Call Now, Toll-Free

1-800-301-1493

Just pay $9.95 shipping and handling.

*Affiliate Members may receive commission on the sale of TriVita products.

This product is not intended to diagnose, treat, cure or prevent any diseases. Children, women who are pregnant or nursing , and all individuals allergic to any foods or ingredients should consult their healthcare provider before using this product. You should not stop taking any medications without first consulting with your healthcare provider. To report a serious adverse event or obtain product information, contact 1-800-991-7116.